



MENU - WEEK 1

MONDAY

- MAIN** Lamb Bolognese with Spaghetti
- HALAL MAIN** Halal Lamb Bolognese with Spaghetti
- VEGETARIAN MAIN** Spinach & Pesto Sauce with Spaghetti
- PASTA OR JACKET** Baked Jackets with Baked Beans
- TO GO WITH** Broccoli & Sweetcorn
- DESSERT** Chocolate & Courgette Sponge

TUESDAY

- MAIN** Sticky Soy Chicken & Vegetable Stir Fry with Egg Noodles
- HALAL MAIN** Halal Sticky Soy Chicken & Vegetable Stir Fry with Egg Noodles
- VEGETARIAN MAIN** Vegetable Chow Mein
- PASTA OR JACKET** Pasta with Tomato & Basil Sauce
- TO GO WITH** Steamed Peas & Cauliflower
- DESSERT** Vanilla Ice Cream

WEDNESDAY

- MAIN** BBQ Style Hunters Roast Chicken with Roast Potatoes & Gravy
- HALAL MAIN** Halal BBQ Style Hunters Roast Chicken with Roast Potatoes & Gravy
- VEGETARIAN MAIN** Mac N' Cheese
- PASTA OR JACKET** Baked Jackets with Baked Beans
- TO GO WITH** Carrots & Seasonal Greens
- DESSERT** Banana Flapjack

WEEK 1:

5TH JAN, 26TH JAN, 16TH FEB, 9TH MAR, 30TH MAR, 20TH APR, 11TH MAY, 1ST JUN, 22ND JUN, 13TH JUL, 31ST AUG, 21ST SEPT, 12TH OCT, 2ND NOV, 23RD NOV, 14TH DEC

THURSDAY

- MAIN** Homemade BBQ Chicken Pizza with Spiced Baked Wedges
- HALAL MAIN** Halal Homemade BBQ Chicken Pizza with Spiced Baked Wedges
- VEGETARIAN MAIN** Homemade Margherita Pizza with Spiced Baked Wedges
- PASTA OR JACKET** Pasta with Squash & Tomato Sauce
- TO GO WITH** Roasted Carrots & Sweetcorn
- DESSERT** Iced Lemon Cake with Sprinkles

FRIDAY

- MAIN** Fish Fingers, Chips & Ketchup
- VEGETARIAN MAIN** Vegan Vegetable Fingers with Chips & Ketchup
- PASTA OR JACKET** Baked Jackets with Baked Beans
- TO GO WITH** Baked Beans & Peas
- DESSERT** Maryland Cookie

ALSO AVAILABLE EVERY DAY

- Pabulum Salad Bar
- Wholemeal Bread
- Courgette & Tomato Bread
- Fresh Fruit
- Yoghurt
- Jelly



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MENU - WEEK 2

MONDAY

- MAIN** Grilled Chicken with Mashed Potatoes & Gravy
- HALAL MAIN** Halal Grilled Chicken with Mashed Potatoes & Gravy
- VEGETARIAN MAIN** Vegan Sausage with Mashed Potatoes & Gravy
- PASTA OR JACKET** Pasta with Tomato & Basil Sauce
- TO GO WITH** Steamed Peas & Carrots
- DESSERT** Marble Sponge with Custard

TUESDAY

- MAIN** Moroccan Lamb with Steamed Rice
- HALAL MAIN** Halal Moroccan Lamb with Steamed Rice
- VEGETARIAN MAIN** Vegan Bombay Chickpea Burrito
- PASTA OR JACKET** Baked Jackets with Baked Beans or Salmon Mayonnaise
- TO GO WITH** Spiced Roasted Cauliflower & Broccoli
- DESSERT** Apple & Carrot Flapjack

WEDNESDAY

- MAIN** Roast Turkey with Gravy
- HALAL MAIN** Halal Roast Turkey with Gravy
- VEGETARIAN MAIN** Sweet Potato & Leek Frittata with Gravy
- PASTA OR JACKET** Pasta with Tomato & Vegetable Sauce
- TO GO WITH** Roast Potatoes, Broccoli & Carrots
- DESSERT** Fruit Jelly

WEEK 2:

12TH JAN, 2ND FEB, 23RD FEB, 16TH MAR, 6TH APR, 27TH APR, 18TH MAY, 8TH JUN,
29TH JUN, 20TH JUL, 7TH SEPT, 28TH SEPT, 19TH OCT, 9TH NOV, 30TH NOV, 21ST DEC

THURSDAY

- MAIN** Homemade BBQ Chicken Pizza with Spiced Baked Wedges
- HALAL MAIN** Halal Homemade BBQ Chicken Pizza with Spiced Baked Wedges
- VEGETARIAN MAIN** Homemade Margherita Pizza with Spiced Baked Wedges
- PASTA OR JACKET** Pasta with Squash & Tomato Sauce
- TO GO WITH** Sweetcorn & Roasted Carrots
- DESSERT** Homemade Strawberry Cheesecake

FRIDAY

- MAIN** Fish Fingers, Chips & Ketchup
- VEGETARIAN MAIN** Vegan Quorn Nuggets with Chips & Ketchup
- PASTA OR JACKET** Baked Jackets with Baked Beans
- TO GO WITH** Baked Beans & Peas
- DESSERT** Vanilla Ice Cream

ALSO AVAILABLE EVERY DAY

- Pabulum Salad Bar
- Wholemeal Bread
- Garlic & Herb Bread
- Fresh Fruit
- Yoghurt
- Jelly

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MENU – WEEK 3

MONDAY

- MAIN** Lamb Chilli Con Carne with Steamed Rice
- HALAL MAIN** Halal Lamb Chilli Con Carne with Steamed Rice
- VEGETARIAN MAIN** Vegan Bean Chilli with Steamed Rice
- PASTA OR JACKET** Pasta with Tomato & Vegetable Sauce
- TO GO WITH** Sweetcorn & Carrots
- DESSERT** Jam & Coconut Sponge

TUESDAY

- MAIN** Chicken Tikka with Steamed Rice
- HALAL MAIN** Halal Chicken Tikka with Steamed Rice
- VEGETARIAN MAIN** Vegan Meatballs in a Roasted Tomato & Basil Sauce with Pasta
- PASTA OR JACKET** Baked Jackets with Baked Beans
- TO GO WITH** Sweetcorn & Classic Coleslaw
- DESSERT** Carrot Cake

WEDNESDAY

- MAIN** Herby Roast Chicken with Gravy
- HALAL MAIN** Halal Herby Roast Chicken with Gravy
- VEGETARIAN MAIN** Roasted Vegetable & Lentil Loaf with Gravy
- PASTA OR JACKET** Baked Jackets with Baked Beans
- TO GO WITH** Roasted Potatoes, Carrots & Seasonal Greens
- DESSERT** Chocolate & Sweet Potato Brownie

WEEK 3:

19TH JAN, 9TH FEB, 2ND MAR, 23RD MAR, 13TH APR, 4TH MAY, 25TH MAY, 15TH JUN,
6TH JUL, 27TH JUL, 14TH SEPT, 5TH OCT, 26TH OCT, 16TH NOV, 7TH DEC

THURSDAY

- MAIN** Homemade BBQ Chicken Pizza with Spiced Baked Wedges
- HALAL MAIN** Halal Homemade BBQ Chicken Pizza with Spiced Baked Wedges
- VEGETARIAN MAIN** Homemade Margherita Pizza with Spiced Baked Wedges
- PASTA OR JACKET** Wholemeal Pasta with Tomato & Basil Sauce
- TO GO WITH** Steamed Peas & Carrots
- DESSERT** Oaty & Sultana Cookie

FRIDAY

- MAIN** Fish Fingers Chips & Ketchup
- VEGETARIAN MAIN** Vegetable Burger with Chips & Ketchup
- PASTA OR JACKET** Pasta with Squash & Tomato Sauce
- TO GO WITH** Baked Beans & Peas
- DESSERT** Fruit Jelly

ALSO AVAILABLE EVERY DAY

- Pabulum Salad Bar
- Wholemeal Bread
- Carrot & Beetroot Bread
- Fresh Fruit
- Yoghurt
- Jelly

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